

ADULT CARE CENTER OF ROANOKE VALLEY

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FEBRUARY 2025

Breakfast and Snack Menu

Cereal, milk, whole wheat toast is available as substitutes for AM Breakfast.

Serving with morning Breakfast: 100 percent juices: Orange & Grape

1% Milk, Coffee. Substitutes For PM Snack: Animal Crackers, Ritz Crackers, Fruit Cups,

Whole Grain Bread. Serving with PM: 1% Milk, Water, Coffee upon request.

Monday	Tuesday	Wednesday	Thursday	Friday
02/03 Blueberry or Orange Cranberry Muffins. Strawberries & Blueberries. Milk & Juice P. M. Snack Yogurt & Orange Slices	02/04 Sausage Gravy & Biscuits Milk & Juice P.M. Snack Jello & Gingerbread Cake	02/05 Bacon, Eggs & English Muffins. Milk & Juice P.M. Snack Bagel Bites & Tangerines	02/06 French Toast, Sausage Patties. Milk & Juice P.M. Snack Celery Sticks, Carrot Sticks with Ranch Dressing	02/07 Assorted cereals, Honey Nut Cheerios or Corn Flakes & Bananas. Milk & Juice P.M. Snack Graham Crackers & Peanut Butter
02/10 Waffles & Sausage. Milk & Juice P.M. Snack Puff Corn & Grapes	02/11 Assorted Muffins Blueberry or Cinnamon. Mixed Berries. Milk & Juice P.M. Snack Bagel Bites & Raisins	02/12 Assorted Cereals, Cheerios, Corn Flakes, W/Bananas. Milk & Juice P.M. Snack Crackers & Cheese	02/13 Scrambled Eggs, Ham & Biscuits. Milk & Juice P.M. Snack Orange Slices & Wheat Thins	02/14 Breakfast Casserole and Fruit Cocktail. Milk & Juice P.M. Snack Jello & Fruit Cocktail
02/17 Bacon, Eggs, English Muffins w/ Apple Butter, Milk & Juice P.M. Snack Corndogs & Cheetos	02/18 Breakfast Croissants w/raspberries and blueberries, Milk & Juice P.M. Snack Yogurt & Mini Banana Nut Muffins	02/19 Assorted Cereals, Honey Nut Cheerios, Corn Flakes Bananas, Milk & Juice P.M. Snack PB & J Sandwich on WW & Chips	02/20 Sausage Gravy & Biscuits, Milk & Water P.M. Snack Chocolate & Vanilla Pudding Cups & Pears	02/21 French Toast and Bacon. Milk & Juice P.M. Snack Ham & Cheese Sliders & Churros

<p>02/24 Blueberry Pancakes W/Lite Syrup, Sausage Links.</p> <p>Milk and Juice</p> <p>P.M. Snack Mini Corndogs & Animal Crackers</p>	<p>02/25 Assorted Muffins, Blueberry, Cinnamon, & Mixed Berries.</p> <p>Milk & Juice</p> <p>P.M. Snack Bagel Bites & Raisins</p>	<p>02/26 Assorted Cereals Honey Nut Cheerios or Corn Flakes W/Bananas.</p> <p>Milk & Juice</p> <p>P.M. Snack- PB & J Sandwiches, Chips</p>	<p>02/27 Scrambled Eggs, Sausage Patties and WW toast</p> <p>Milk & Juice</p> <p>P.M. Snack Christmas Cookies Grapes</p>	<p>02/28 Sausage, Egg & Cheese Biscuits, Bananas.</p> <p>Milk & Juice</p> <p>P.M. Snack Graham Crackers & Peanut Butter</p>